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Storm cleanup branching out

CANOPY

Crews shifting focus from high-risk calls to fallen brush

Stephanie Taylor
Metro | Winnipeg

Relief may be in sight for residents frustrated with tree branches and debris still scattered around their homes following last week's storm.

Municipal spokesperson Kailey Barron said that, so far, the city has received 800 calls related to downed trees after last Wednesday's storm, during which winds gusted to nearly 100 km/h, toppling countless trees and ripping part of a roof off a sen-

tors' complex.

She said about 320 of those calls pertained to fallen trees, while another 320 or so were related to hanging or split branches.

"Crews have been working around the clock since Wednesday evening to respond to calls," she wrote to Metro on Monday. "Our efforts are focused on the high-risk calls such as trees and large branches on streets, cars or houses, as well as broken hanging branches."

Starting Monday, she said, crews are shifting their focus

to cleaning up fallen brush on streets, sidewalks and boulevards.

The city is responsible for cleaning up debris from municipal-owned trees and clearing sidewalks and streets that are littered with branches that have fallen from privately owned trees.

Crews have been working around the clock since Wednesday.

Kailey Barron



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City shuts lid on waste collection monopolies

ADMINISTRATION

No contractor to rule the rest as plan mirrors Ottawa's model

Stephanie Taylor
Metro | Winnipeg

When Winnipeg residents roll out their garbage carts to the curb next fall it likely won't be to a collector who has a monopoly over waste pickup in the city.

Recently, the city's water and waste department consolidated the city's four garbage and recycling collection areas into two zones, on the east and west side of the Red River.

The reconfiguration was a part of the city's planning to issue new collection contracts after its current ones with Emterra Environmental and Progressive Waste Solutions expire in September 2017.

Emterra has performed the majority of garbage and recycling collection in the city since 2012 after the company was awarded rights to three out of the four pickup areas for \$59 million.

However, it seems department staff want to move away from having another monop-



The new plan will see two different companies handle the city's garbage collection. METRO FILE

oly when its new contracts are inked.

A briefing note sent from the department's acting director, Moira Geer, to Doug McNeil, the city's chief administrative officer, back in February advised

ision of legal services and materials management.

Coun. Brian Mayes, who chairs the city's environment committee, said on Monday he's supportive of having two separate contractors as oppose to one.

"If they screw up, you need to have some balance," he said Monday.

Mayes said having a mix of contractors was

the strength of Ottawa's waste collection model.

He recently visited the country's capital city to learn how the city manages its garbage and recycling pickup, as the service is split between in-house crews and private contractors.

Over the past few years, local residents and elected officials alike have criticized Emterra's service, slamming the company's delays in pickup and equipment breakdowns.

"It's certainly gotten bet-

2017 IN FOCUS

Sub-contractors given all clear in new contracts

It seems city hall wants to avoid the service hiccups that happened last time there was a transition between garbage and recycling collectors in Winnipeg.

The department of water and waste plans for the next set of waste contracts to expire in January as opposed to September.

A confidential briefing note between city staff says the reason is to not disrupt the pickup of yard waste during the city's leafiest season.

Other improvements to the new contracts, which are scheduled to start in 2017 and run between five to seven years, include allowing the use of sub-contracts to pick up items that have been missed.

ter in my ward over the four years," said Mayes.

"That said, I think it would be better to have some competition out there in terms of the bidding and in terms of the operation."

City council has yet to award the new contracts.

GREEN POWER

Making more of methane

The City of Winnipeg is studying the feasibility of using methane gas to harvest electricity from its largest sewage treatment facility.

The study is being executed under a letter of agreement the city was asked to sign with Manitoba Hydro back in March.

Presently, the city is spending millions on plans to upgrade its North End sewage treatment plant, which is required under provincial licensing.

The estimated \$795 million worth of upgrades will limit the amount of nitrogen and phosphorus that is carried in the effluent the plant releases into the Red River, which ultimately flows into Lake Winnipeg. The project also includes the construction of a new sludge treatment facility that would process waste from all three of the city's plants.

One of the by-products of sludge treatment is methane gas, which can be used to generate green electricity using technology known as combined heat power engines (CHPs).

Metro requested an interview with a member of the city's water and waste department, but municipal spokesperson Kailey Barron said it could not be arranged.

Instead, Barron wrote in an email on Monday the matter was being studied as part of the plant's overall upgrade project, which would be finalized in 2017.

"The primary objective is to conceptually determine which type of CHP equipment is best suited to this application," she wrote. STEPHANIE TAYLOR/METRO

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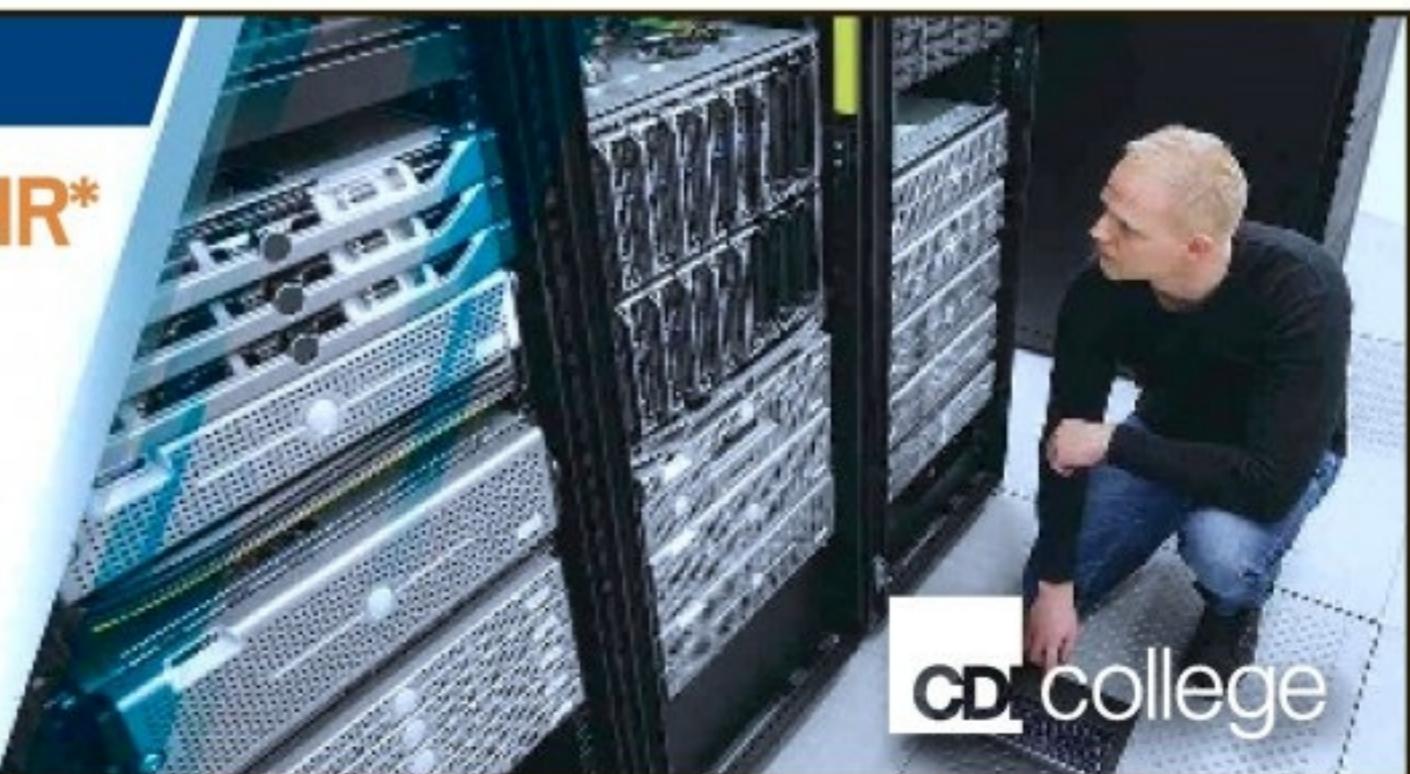
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Federal Employment Minister Mary Ann Mihychuk said the agreement will see 27 projects funded in Manitoba. BRAEDEN JONES/METRO

Funding announced for 4 transit projects

PUBLIC TRANSPORTATION

City says more money on the way to expand network further

Braeden Jones
Metro | Winnipeg

Four transit projects the city has been raring to get underway were funded Monday morning, one of which will see new buses roll onto Winnipeg's streets.

In addition to buying buses, the newly-announced combination of federal and provincial funding will allow the city to proceed with the expansion of its transit garage, a new roof for the facility, ventilation upgrades and a back-up generator.

The feds are providing \$52,950,000 under the new

Public Transit Infrastructure Fund (PTIF) and the province is providing \$26,475,000 to support the four projects.

Scott Payne, acting director of Winnipeg Transit, said there are 30 new buses already on the city's capital budget, and the new funding for bus purchases will go towards a mix of fleet-replacement and totally new buses.

"Although (funding) has been approved we have to take specific projects, including acquisition of buses, back to council in September for approval — then we can start planning acquisition of new buses," Payne said.

The cost of each bus is about \$550,000.

The provincial statement on the project emphasized it should cut air pollution.

Payne said it's most likely new buses would be updated versions of New Flyer's diesel-powered models already on Winnipeg's streets that have been upgraded

to better meet emissions requirements.

Payne said they will be more efficient and more reliable, but said it's premature to say whether electric buses — which would go a long way towards cutting pollution with zero emissions — would be suitable.

"But we're still examining that and will continue to do so up until we go to purchase our next round of buses," he said.

Province-wide, the new cost-sharing deal between all three levels of government will see the feds cover half the cost of \$205 million in transit, water and wastewater projects while municipalities and the province fund a quarter each.

At Monday's announcement, federal Employment Minister Mary Ann Mihychuk said the agreement will see 27 projects funded in Manitoba, "and there are more to come."

"We've put forward a plan to invest more than \$120 billion in infrastructure over the next 10 years, which includes \$60 billion in new money for public transit, green and social infrastructure," Mihychuk said.

In addition to Winnipeg's four transit projects funded in this first round under the new agreement, the city will see \$2,750,000 and \$1,375,000 from the federal and provincial governments respectively for water main upgrades to begin in September.

We've put forward a plan to invest more than \$120 billion in infrastructure over the next 10 years. Mary Ann Mihychuk



The first NewLeaf plane lands on Monday. NEWLEAF/TWITTER

AVIATION

NewLeaf plane safely lands after maiden flight

The plane landed safe and sound and was promptly bombarded by water cannons.

In a traditional welcome, the NewLeaf plane from Hamilton touched down in Winnipeg and firefighters sprayed the plane down with water to greet it.

NewLeaf Travel officially launched its first flights on Monday. The inaugural flight was supposed to come from Kelowna, where Flair Airlines operates out of, but the flight was delayed.

NewLeaf Travel is a ticket re-

seller that has partnered with Flair Airlines to sell deeply discounted airline tickets. The company offers flights out of Halifax, Moncton, Hamilton, Winnipeg, Regina, Saskatoon, Edmonton, Kelowna, Kamloops, Fort St. John, Abbotsford and Victoria.

Flights were originally supposed to launch in May, but disputes with the Canadian Transportation Agency delayed take-off.

The CTA ruled in March that NewLeaf Travel could operate legally as planned — selling dis-

count airline seats without an air license — if they make it clear they are a "reseller."

The CTA is adamant that their

approval of NewLeaf operations, and the ruling itself, hinges on the critical distinction between what makes the company a "reseller" rather than an "airline."

"Resellers — companies who purchase seats from an air carrier and resell them to the public — will not be required to hold an air license, so long as they do not hold themselves out to the public as being an air carrier that is operating an air service," the CTA said in a prepared statement. METRO

TRANSIT TUESDAY

Weekly Transit News Update



SENIORS, GET YOUR PEGGO CARD NOW!

Seniors are the first transit customers to start using peggo, the new electronic fare collection system from Winnipeg Transit. Seniors (65+) can now purchase their re-loadable peggo card in person at any 7-Eleven or Shoppers Drug Mart store, online at WinnipegTransit.com or by calling 311.

Using a peggo card is easy! Simply tap the card directly on the peggo card reader on the farebox, wait for the beep, and go.

Full fare and Youth customers will be able to start using the new peggo fare system starting August 8.

The cost for a peggo card is \$5.00, however, for a limited time, customers can receive a \$5.00 rebate when they register their peggo card and use it on the bus within 90 days of purchase. Visit winnipegtransit.com or contact 311 for more information. Registering your peggo card provides a number of benefits, including online account management and loss or theft protection.

Customers will have up to 36 fare payment options to choose from, including 24 hour, 3 day, 5 day, 7 day, 14 day, 21 day, 28 day, monthly and annual passes. Winnipeg Transit will continue to offer reduced fares to seniors and students.

There are two types of fares which can be loaded onto peggo cards:

- e-passes — replace paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash — replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox. When paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Riders will still be able to pay cash fare when boarding.

A comprehensive public outreach and education campaign has been underway since June 10th to help Winnipeg Transit customers adapt to the new fare payment system.

To learn more about peggo, visit winnipegtransit.com or contact 311.



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Outlet mall developer seeks to limit bike spots

URBAN PLANNING

Plan is to drop cycle spaces to a mere 80 from original 231

Stephanie Taylor
Metro | Winnipeg

The developer of a new designer outlet mall being built in Winnipeg wants fewer parking spaces for bikes.

The city's board of adjustment will hear a request to reduce the number of bike parking spaces at the Outlet Collection Winnipeg mall from 231 to just 80.

The board is also being asked to bump down the number of vehicle parking stalls from 2,310 to 2,278.

According to a report headed to Wednesday's meeting, the city's urban planning department recommends the board



The developer of the mall also wants to drop the number of car stalls to 2,278 from 2,310. HANDOUT

approve the zoning variances, provided the developer submits a two-year review of the site's bike parking needs.

"The applicant has indicated that should more bike parking spaces be required at a future date that they would be willing to install more," the re-

port reads.

The report explains fewer vehicle parking spots are OK since a new bus stop will be built close to the mall, and because new restaurants and businesses will also be built on the 94-acre site, there is the capacity for additional park-

ing spaces if needed.

The \$200-million mall is expected to open in spring 2017.

The project will include an array of outlet stores, including the city's first Saks Fifth Avenue Off 5th, as well as a Porsche and Audi dealership, plus hotel.

POLICE

Citizen Online crime reporting enhanced

Braeden Jones
Metro | Winnipeg

get a report number, and take the evidence to a police service centre or police station.

Staff Sgt. Janine Keen said the service would like to take photo and video evidence submissions online, but it's not possible for security reasons.

"We move in baby steps," she said.

Still, the new ability for the reports to be initiated online and for people to deliver evidence frees up police resources so officers can be patrolling rather than acting as evidence couriers for non-violent incidents.

"It allows us to use our resources better." Staff Sgt. Janine Keen — rather than going to take a report (and pick up evidence), we'd rather send our people to the call happening right now," Keen said.

Another new feature of the online reporting system is the ability for people to add supplemental information to existing reports using report numbers.



It allows us to use our resources better.

Staff Sgt. Janine Keen

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Foreign Affairs Minister Stephane Dion, left, had "frank discussions" with his Russian counterpart Sergey Lavrov in relation to Ukraine. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

Liberals trying to break Russian ice

FOREIGN AFFAIRS

Dion ends two years of silence by sitting down with Lavrov

The Liberal government turned the page on two years of acrimony between Canada and Russia on Monday as Foreign Affairs Minister Stephane Dion sat down for his first formal meeting with Russian counterpart Sergey Lavrov.

The 30-minute discussion took place in Laos, where Dion and Lavrov were attending an annual meeting of Southeast Asian nations. Sources say the location was chosen because it represented neutral ground for the two sides.

The meeting was the first of its kind between Canada and Russia in years. The previ-

ous Conservative government steadfastly refused to meet with anyone from the Kremlin until Russia left Crimea, the peninsula it annexed from Ukraine in March 2014.

As a result, contacts between the two countries had been largely limited to technical discussions between bureaucrats.



It's important. After all, Russia is our neighbour in the Arctic.

Stephane Dion

The Liberal government has said it remains committed to standing with Ukraine in the face of Russian aggression. To that end, Dion spokesman Joseph Pickerill said the minister had "frank discussions" with

Lavrov about Russian actions in Ukraine and other parts of eastern Europe, as well as in Syria.

But the ministers also talked about the potential for co-operation in the Arctic, space and counter-terrorism — areas the Russians have been keen to focus on as they have attempted to change the channel away from Ukraine.

While the Liberals promised during last year's election campaign to re-engage with Russia, Prime Minister Justin Trudeau has been facing calls to keep up the pressure.

The government agreed earlier this month to organize a 1,000-strong NATO battle group in Latvia whose mission is to dissuade neighbouring Russia from flexing its muscles in the Baltic state. The U.S., United Kingdom and Germany are organizing similar forces in Poland, Estonia and Lithuania.

THE CANADIAN PRESS

SASKATCHEWAN

Oil spill measures for weeks

Communities affected by an oil spill in the North Saskatchewan River can expect precautionary drinking water measures to be in place for weeks or even months, says a Saskatchewan government official.

"It's not going to be a short-term event," Sam Ferris with the Water Security Agency said. "It could go on for some time."

Two cities downstream from the Husky Energy pipeline leak near Maidstone, Sask., have stopped drawing water from the river. North Battleford shut down its intake on Friday and is

relying on wells.

Officials say the oily plume reached Prince Albert, a city of 35,000 people, on Monday.

Residents in the area are being urged to conserve water and not use that part of the river for recreation. Hospitals are looking at alternative supplies.

Ferris estimates the water supplies of close to 70,000 people have been affected so far and that the slick has travelled about 370 kilometres.

About 200,000 to 250,000 litres are estimated to have spilled — the equivalent of two rail tank

cars.

Lo Cheng with the federal department Environment and Climate Change Canada, said it's investigating whether Husky broke any laws.

She also confirmed that some oil sunk below the surface, complicating the cleanup job.

About 70,000 litres of an oil-soil mixture have been cleaned up around the source of the leak and another 118,000 litres of oily water has been skimmed from the river, but officials don't know how much oil has been recovered. THE CANADIAN PRESS

Rumor's

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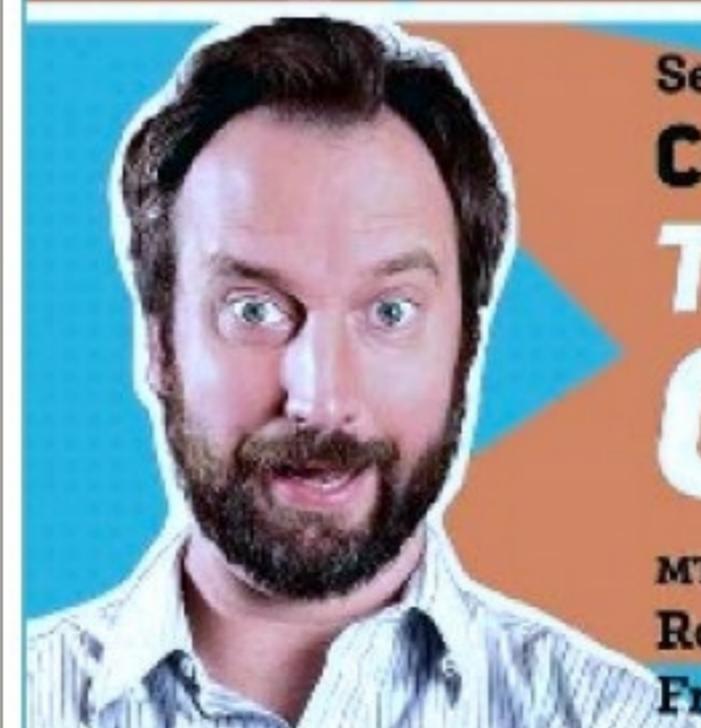
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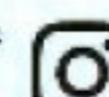
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Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Ottawa residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from a coffee shop, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building where he had been living since arriving in Ottawa from Somalia in 2009.



An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, right, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

Neighbours — many of them friends and family — then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was

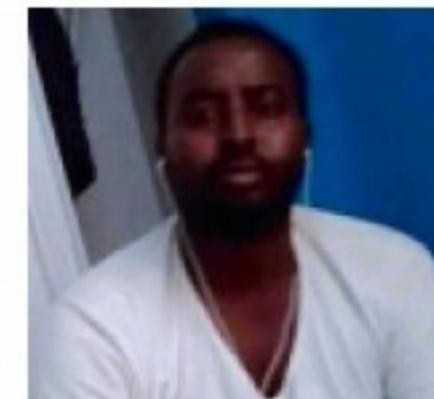
handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Sam-

ater said.

"He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health



issues and a language barrier may have prevented him from understanding what police were saying.

Nimao Ali, friend of the family, called Abdi a "beautiful soul."

A 27-minute video recorded by a neighbour who lived upstairs has been published online, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

WITH FILES FROM JOE LOFARO

SOCIAL MEDIA

Police face backlash

Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident — which is being investigated by Ontario's Special Investigations Unit (SIU), a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police — has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

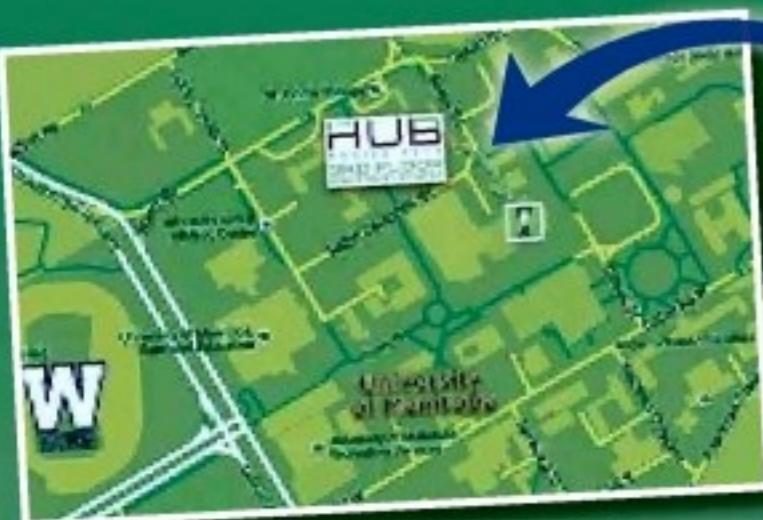
Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaulted."

The SIU has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It investigated 266 cases in the 2014-2015 fiscal year.

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CRIME IN U.S.

Man gets 15 years for trying to join Daesh

A federal judge on Monday sentenced a California man to 15 years in prison for trying to join Daesh in Syria, calling his conduct a serious threat and saying it was influenced by his abusive childhood and history of mental problems.

Adam Dandach, 22, was also ordered to undergo supervised release for the rest of his life after he pleaded guilty last year to trying to provide material support to a terror group and lying on his passport application.

THE ASSOCIATED PRESS

Sex offender sentenced for stealing identity

A Texas man whose life was ruined by a child sex offender who stole his identity has seen his impostor sentenced.

Marcus Calvillo can now begin to repair the havoc left from a decades-long ordeal that prosecutors call one of the most devastating identity theft cases they've seen.

Fernando Neave-Ceniceros was sentenced Monday to a year and a day. THE ASSOCIATED PRESS

FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stephan Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a swimsuit-themed party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

Florida is again reeling from a mass shooting at a nightclub, but instead of being committed by a terrorist spouting Islamist ideology, this rampage may have started with an argument over a rap performance.

Gov. Rick Scott said gun laws are not to blame: "The Second Amendment has never shot anybody. The evil did this."

Security guard Brandy McLaughlin said she saw someone with a semi-automatic rifle open fire. "The rapper was upset, someone not being able to perform," she said. "It wasn't targeted, terrorist or gays, or anything like that. It wasn't a black or white situation. It was an idiot. An idiot with a firearm."

THE ASSOCIATED PRESS



Dave Allen, left, and Ryan Caviness pray for the victims in Fort Myers, Fla., on Monday. LYNNE SLADKY/THE ASSOCIATED PRESS

Rival Democrats urge unity



U.S. Virgin Islands delegate Pamela Eckstein holds up a sign during the first day of the Democratic National Convention in Philadelphia on Monday. MATT ROURKE/THE ASSOCIATED PRESS

CONVENTION

Outrage over leaked emails threatens to derail event

Former rivals Hillary Clinton and Bernie Sanders joined forces Monday to tamp down dissent among his supporters, as Democrats tried to keep infighting from overtaking a convention opening night featuring some of the party's biggest stars.

It was unclear whether the efforts would succeed. Chants of "Bernie" echoed through the arena, and boos could be heard at times when Clinton's name was raised. Outside the arena, several hundred Sanders backers marched down Philadelphia's sweltering streets. Signs carried messages such as "Never Hillary" and even in one case "Just go to jail, Hillary," an echo of the Republicans' "Lock her up."

Much of Monday's program appeared aimed at giving Sanders' backers an opportunity to express their frustration before the convention moved to focus on speakers who support Clin-

ton, such as first lady Michelle Obama. Sanders was delivering the night's closing address.

For Clinton, it was a turbulent start to a historic four-day gathering that will presumably culminate in the nomination of the first woman to lead a major U.S. political party. It also sapped some of her energy coming out of Republican Donald Trump's chaotic convention last week and the well-received rollout Saturday of her running mate, Virginia Sen. Tim Kaine.

Sanders scored a major victory with the forced resignation of party chair Debbie Wasserman Schultz following the release of emails showing her staff fa-

voured Clinton during the primary despite vows of neutrality. But Sanders' aides reached out to the Clinton campaign Monday afternoon to express concerns that the chairwoman's ouster wouldn't be enough to keep supporters from disrupting the convention, according to a Democratic official.

The discussions between the two camps prompted Sanders to send emails and text messages to supporters asking them not to protest.

"Our credibility as a movement will be damaged by booing, turning of backs, walking out or other similar displays," Sanders wrote. THE ASSOCIATED PRESS

+ SPEAKERS SCHEDULE

Monday: United Together

Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday:

A Lifetime of Fighting for Children and Families

Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon

Martin's mothers

Wednesday: Working Together

President Barack Obama and Vice-President Joe Biden

Thursday: Stronger Together

Hillary Clinton and Chelsea Clinton

JAPAN

Over a dozen killed in knife attack near Tokyo

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was hap-

pening at the facility in the city of Sagamihara, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagamihara said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagamihara City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths.

NHK reported the suspect, 26, is a former employee at the facility, Tsukui Yamayuri-en. Another broadcaster, NTV, said he broke into the facility by smashing a window with a hammer and that he was upset because he had been fired.

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Emergency crews work outside a facility where many were killed in a knife attack near Tokyo on Tuesday. KYODO NEWS/THE ASSOCIATED PRESS

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Clothes defy gender rules

APPAREL

Parents launch firms to break stereotypes in kids' clothing

Pink for girls. Truck motifs for boys. A growing number of parents want to get outside those parameters when it comes to dressing their kids.

For parents looking for clothes that defy gender norms, the options for back-to-school shopping are still limited — but they're growing. Some big retailers like Lands' End and Zara are making small changes to their offerings, while some frustrated parents have launched their own companies to make the items they wanted to find.

"There is really a sharp divide between what is considered girls' stuff and what's considered boys' stuff," said Courtney Hartman. She started Seattle-based Jessy & Jack, a collection of unisex T-shirts for kids that have robots and dinosaurs, and Free to Be Kids,



Courtney Hartman, who owns Jessy & Jack, poses with her children as they wear her company's gender-neutral clothing in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

where a shirt with the slogan, I'm a Cat Guy comes in blue, grey and yellow.

Companies like Jessy & Jack and a collection called Princess Awesome, where dresses have trains and planes, are

among nearly 20 online brands that formed a campaign called Clothes Without Limits last year that they're reprising for the back-to-school season. Still, many of the items are not cheap — T-shirts at \$20 can be

pricey for growing kids.

Bigger companies are offering some options, after similar shifts in the toy and bedding aisles to more neutral signs and products. Lands' End launched a line of science T-shirts two

years ago after a customer complained on social media that there was only one version for boys. As part of its new Cat & Jack brand of children's clothing that kids helped design, Target offers unisex-fit T-shirts online with slogans like, Smart & Strong and Future Astronaut.

And fast-fashion chain Zara launched a collection in March for teens and older called Un-gendered under its TRF line, which focuses on basics like T-shirts, sweatshirts and jeans. Experts and parents also notice that some images like dinosaurs are popping up on girls' clothing under the Boden brand and others.

More has changed for girls' clothes than for boys, but the vast majority of children's clothing is still gender-specific, says Marshal Cohen, chief industry analyst at market research group NPD Group Inc.

A good portion of children's clothing buyers are grandparents who tend to embrace more traditional ideas, says Cohen, who doesn't expect large-scale change until the next generation starts having children.

THE ASSOCIATED PRESS

REAL ESTATE

B.C. to tax foreign buyers

Foreign nationals who buy real estate in Metro Vancouver would pay an additional property transfer tax of 15 per cent under legislation introduced Monday by the British Columbia government.

Finance Minister Mike de Jong unveiled the tax as part of legislation aimed at addressing low vacancy rates and high real estate prices in southern B.C.

"For example, the additional tax on the purchase of a home selling for \$2 million to a foreign national will amount to an additional \$300,000," de Jong told the legislature.

The additional tax will take effect Aug. 2 and apply to foreign buyers registering the purchase of residential homes in Metro Vancouver, excluding treaty lands in the Tsawwassen First Nation.

All purchasers in the province currently pay a one per cent tax on the first \$200,000 of their purchase, two per cent on the remaining value up to \$2 million and three per cent on the portion above that.

THE CANADIAN PRESS

FOOD TRENDS

Canadians drawn to artisanal shops serving new flavours

When Rosanne Tripathy and her sister opened their specialty doughnut shop, Jelly Modern Doughnuts, in Calgary more than five years ago, there weren't many fried-dough slingers selling upscale confections with new-fangled flavours like crème brûlée or s'mores.

But what Tripathy claims on her site is "the country's original gourmet doughnut bakery café" is now just one among myriad artisanal shops serving up the tasty pastries to Canadians in what has recently become an

increasingly crowded field.

Last year, Canadians ate more than 521 million doughnuts — 10 per cent more than the previous year, said Robert Carter, executive director of food service at NPD Group Inc., a market information and advisory service. He chalks up part of the item's rising popularity to a widening consumer interest in healthy eating. As people

are increasingly drawn to eating foods with greater health benefits, he said, they're allowing themselves more leeway for quality sinful snacks, including the doughnut.

Yet another boost for the doughnut is our love affair with caffeine. "Obviously, the best complement to that is a baked good," he said. Susan Hamer, who opened SuzyQ Doughnuts in Ottawa

in 2012, agrees that it's a perfect match. Her shop offers a unique twist on the classic pairing by selling a Finnish-inspired doughnut.

That's a smart move, according to Carter. Canadians — especially millennials, who are considered flightier when it comes to brand loyalty — are drawn to innovative products, he said, and successful doughnut bakers have managed to create interesting flavour concoctions.

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SuzyQ Doughnuts at their store location in Ottawa.

SEAN KILPATRICK/THE CANADIAN PRESS

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IN BRIEF

Starbucks relaxes employee dress code

Starbucks is loosening its employee dress code to allow workers to don brightly-dyed hair and coloured, patterned clothing underneath the company's signature green apron — within reason. Along with vibrant-coloured hair, staffers are likewise permitted to put on knitted beanies, fedoras and other suitable hats in brown, grey or black. Scarves, neckties and colourful socks have also been given the OK.

THE CANADIAN PRESS

Lac Mégantic-type rail cars can't transport crude oil

Older and less robust railway tanker cars will not be able to transport crude oil in Canada as of Nov. 1, six months earlier than planned, Transport Minister Marc Garneau confirmed Monday. The DOT-111 cars are the same kind that were involved in the Lac-Mégantic tragedy in which 47 people died three years ago. All other flammable liquid will continue to be transported by rail in the country by DOT-111s until 2025. THE CANADIAN PRESS

Funai to stop making video cassette recorders

Japanese electronics maker Funai Electric Co. says it's yanking the plug on the world's last video cassette recorder this month due to shrinking demand for VCRs. Funai began making videotape players in 1983, and videotape recorders in 1985. The company says they were among its all-time hit products. Last year, Funai made 750,000 VHS machines that played or recorded cassette tapes.

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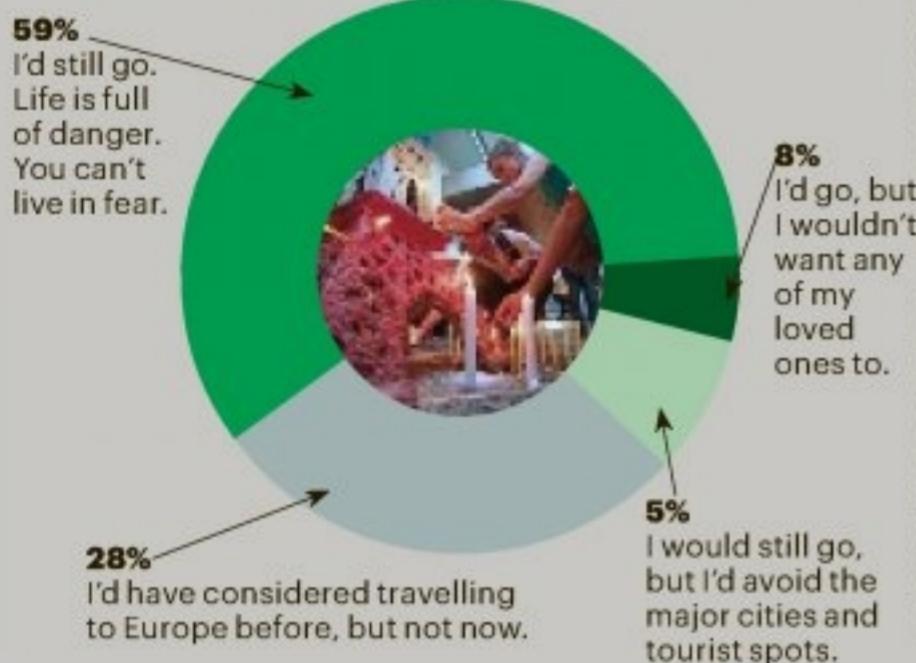
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METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?



WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

Minority Report: Life as a non-white touring musician is tense in 2016



Shehzad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time when race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year when racially and sexually charged crimes are in the headlines nearly every week

and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too.

We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzad Jiwani is the singer of the Toronto-based band Greys (@greysband).

Winnipeg deserves better than to have Hull in hall

YOUR RIDE

Colin Fast



For the past 15 years, True North Sports & Entertainment has been an ideal corporate citizen. It brought two professional hockey teams to town, built an arena and a training complex, raised millions for charities and is investing millions more in developing True North Square.

The company takes its public image so seriously that owner Mark Chipman went ballistic last year when it was insinuated he had an unfair advantage in buying a valuable downtown property.

So why the hell is the company inducting Bobby Hull into its new Winnipeg Jets Hall of Fame?

Of course Hull is celebrated locally for his role in bringing pro hockey to Winnipeg in the early 1970s

and for helping the Jets win several WHA championships. His exploits on the ice are well remembered.

Unfortunately, his well-documented troubles off the ice have largely been forgotten over the years. So maybe it's time for a refresher.

Hull's second wife, Joanne, accused him of abuse during their 20-year marriage, which included his time with the Jets. During one incident, she said, he threatened her life with a loaded shotgun. During another, she said, he beat her in the head with the heel of a shoe and then dangled her over a balcony. "I thought, this is the end, I'm going," she told ESPN as part of a 2002 documentary.

The abuse was corroborated by Hull's own daughter, now an attorney who specializes in domestic-violence cases, during an ESPN interview. And physical cruelty was featured promin-

ently in testimony during the couple's 1980 divorce.

Hull remarried in 1984, and two years later was arrested on charges of battering his third wife, Deborah, during an argument in the parking lot of their Chicago-area condo complex. "There was evidence he had struck his wife in the face. She had some contusions, some swelling," said police at the time.

Hull's wife later refused to press charges against him, but he did plead guilty to assaulting a police officer during the incident.

When he was asked by the National Post in 2010 about previous allegations of abuse, Hull said, "I think my wife is a better wife now than when we got married."

If that isn't repugnant enough, consider Hull's quotes in a 1998 Moscow Times story when he said the black population in the

United States was growing too fast and "Hitler, for example, had some good ideas. He just went a little bit too far."

Credible domestic-violence allegations, assaulting a police officer and racism? Pro-Hitler? Geez, this organization rightfully shipped Evander Kane out of town for skipping a few practices and restaurant tabs, yet it's going to throw a celebration for Bobby Hull?

This honour might make a few old-time hockey fans happy, but it's a crosscheck to the face for the greater community True North has tried so hard to serve over the past 15 years. Hull may have been a great Jet, but the Jets and True North are better than Bobby Hull.

Colin Fast is a communications specialist and freelance journalist in Winnipeg.

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The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada



Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even



Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people

with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before



I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.

Jennifer Harrison, parent

bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that

found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

4-12 months

12-16 hours

1-2 years

11-14 hours

3-5 years

10-13 hours

6-12 years

9-12 hours

13-18 years

8-10 hours

lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

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Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits.

THE CANADIAN PRESS



GAMING

Love in the time of Pokémon Go

Of all the "Pokéstops" in all the towns in all the world, she had to walk into his.

Brandon Yaghobi, a 22-year-old college student, was looking for Pokémons with the new hit smartphone app, but may have found a real catch instead.

He met a young blond woman outside the Parliament St. branch of Toronto Public Library, where another gamer had left some virtual bait known as a lure. "Are you playing Pokémons, too?" Yaghobi asked her. For 20 minutes, they chatted about everything and nothing: work, their neighbourhoods, the Pokémons they had and those they wanted. They stopped talking only to nab the digital creatures that flashed on their cellphone screens. The two went their separate ways before Yaghobi thought to ask for her number.

"I hope I see you again," he called out to her after she started walking away.

"And she just like turned around and smiled, and then I'm like, 'Damn.' Should've got her name, should've got her number, should've got something, you know?"

The same night, Yaghobi tried to reach out to her by posting a missed connection on Craigslist, the online equivalent of sending a message in a bottle. "You offered me an Ice Cream Bar... I



Brandon Yaghobi, 22, was searching for Pokémons when he met a mystery girl who caught his eye. MARCUS OLENIUK/TORSTAR

was too shy to make a move. Maybe we can go hunt some Pokémons sometime?" he wrote.

Alas, he hasn't heard from her.

Unbeknown to Yaghobi, he wasn't the only Pokémon Goer searching for the one that got away.

Gamers who — in the words of one Pokémon-related missed connection — were struck by "cupid's Pokéball" have posted personals ads on the popular classifieds site in major North American cities, from coast to coast.

Denise Marigold, a social psychologist at the University of Waterloo, says there is no clear explanation for this apparent trend. One possibility, she says, is that the rush of catching a rare Pokémon adds to the excitement of meeting someone new.

"You feel a sudden thrill and you look up and there's a cute person and you feel more of a thrill in their presence," she said.

At least one company has noticed that there's love in the air as well as Pokémons — and it's attempting to cash in.

A Chicago start-up is offering to set gamers up on PokéDates. After filling out a questionnaire online, they are fixed up with someone else for free the first time and \$15 for every subsequent date. Canadians will be eligible for PokéDates starting next week, a company spokesperson told the Star.

PokéDates aren't Yaghobi's style, he said. He prefers to leave things up to fate.

After last week's chance encounter, he isn't exactly optimistic about hearing from the girl at the Pokéstop. Without seeming overeager, he said it would be nice to run into her again.

"I am very shy so half the time I'm like 'it's probably better if we don't meet,'" he said.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax, Winona

THE SHOW: Stranger Things, Season 1, Episode 8 (Netflix)

THE MOMENT: The acting mystery



Winona Ryder CONTRIBUTED

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her

CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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QB change a necessary evil

BOMBERS THIS WEEK
Ed Tait

Matt Nichols smiled. A lot. And he talked about how excited he was. Over and over and over again.

Yes, earlier this week — on the day the Winnipeg Blue Bombers officially grabbed the starting quarterback chores from Drew Willy and handed them to Nichols — the veteran pivot spoke of the opportunity that all this presented, both to him and his teammates.

There was a giddiness in his voice and a sparkle in his eyes. And it all left yours truly wondering if Nichols truly knows the extent of the maelstrom he is stepping into here.

After all, the Bombers aren't just 1-4 and staring up at the rest of the Canadian Football League's West Division. They are 1-4 in a season in which so much had been expected from them after a big splash in free agency.

Three of those four losses have come at home. And the offence he'll step behind the wheel to operate enters the week averaging just 19.6 points per game, second worst in the league.

Oh, and did we mention the Bombers are winless in



Matt Nichols will lead the Blue Bombers offence when the team plays in Edmonton on Thursday. JOHN WOODS/THE CANADIAN PRESS

their last eight visits to Edmonton — where they are this Thursday to face the Grey Cup champion Eskimos — dating back to Milt Stegall's 100-yard miracle catch in July 2006?

All that said, Mike O'Shea needed to do something to spark this team. We said in this space last week all the fingers of blame pointed at Willy were misplaced and, it says here he is still the best QB on the Bombers roster.

But, look, while no one man is solely responsible for a 1-4 start, Willy has struggled to regain the mojo

This is the 20th year of my life playing quarterback; I know how to do it.

Matt Nichols

he had last season before his injury. In that sense, and with fingers poised over the panic button, O'Shea had to try something and a QB switch is right there atop the coach's fix list.

What Nichols does well — and he flashed it in relief of Willy in last week's loss to Calgary — is make his reads and deliver strikes quickly. As O'Shea indicated in announcing the change, there also isn't much Nichols hasn't seen in an offence or from opposing defences since he first turned pro.

Nichols also has a different perspective, more than just a veteran's take, after an up-and-down career that has seen him pulled through an emotional and physical wringer. He broke his leg in 2011 while with the Eskimos

and, two years later, lost his entire season with a torn ACL.

All that means he takes a 'nothing to lose, everything to gain' approach into Thursday's game.

And maybe, just maybe, that's an outlook this whole squad could adopt right about now.

"I've been through a lot in my career and any time I can be out on that field I'm one of the happiest guys around," said Nichols. "Hopefully that rubs off. I'm excited and I'm trying to get these guys excited here at practice. Hopefully we can go out and win some football games."

"The biggest thing is to just be who you are. I'm not a huge rah-rah guy, but I'm a fiery guy. I'm going to get people motivated, get people going. I like to have fun out there. I'm just going to be myself and do what I've done my entire life. This is the 20th year of my life playing quarterback; I know how to do it."

"Coach O'Shea said, 'You've got the ball. We're excited to see what you can do.' That's basically all that was said and that's all that needed to be said."

The next step is the biggest and most important. Talk is cheap right now for the Bombers. Wins matter now more than ever.

Ed Tait is the Blue Bombers director of content. His columns appear weekly in Metro. Follow him on Twitter (@EdTaitWFC) and at bluebombers.com.

DOPING SCANDAL
Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

13

Russia's top Olympic official, Alexander Zhukov, now believes a total of 13 Russians would be ineligible due to previous doping bans.

FINA said three more swimmers were identified by World Anti-Doping Agency investigator Richard McLaren when he examined evidence that Russian government officials ordered the coverup of hundreds of doping tests.

They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova.

THE ASSOCIATED PRESS



POLICE SHOOTINGS

Jordan takes aim at smoothing relations

Michael Jordan is trying to help ease tension between African-Americans and law enforcement.

The NBA great and Charlotte Hornets owner said Monday he is giving \$1 million to the Institute for Community-Police Relations and \$1 million to the NAACP Legal Defence Fund. The aim is to help build trust following several shootings around the country.

"As a proud American, a father who lost his own dad in a senseless act of violence,

and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful targeting and killing of police officers," Jordan said in a statement. THE ASSOCIATED PRESS



Michael Jordan

GETTY IMAGES

IN BRIEF

Jays lift Bautista from DL
Jose Bautista returned to the Toronto Blue Jays lineup Monday night.

The team activated the slugging right-fielder off of the disabled list hours before the series opener against the San Diego Padres in Toronto.

Bautista was out with a turf toe injury and had not played since June 16.

THE CANADIAN PRESS

Go to metronews.ca for coverage of the Blue Jays-Padres game Monday

MLB

Cubs get Chapman in four-player deal

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century.

The Cubs paid a steep price, parting with top shortstop prospect Gleyber Torres and versatile pitcher Adam Warren

in the four-player package going to the Yankees.

Chapman also faced a domestic violence allegation in the off-season that cost him a 29-game suspension, and the left-hander is eligible for free agency after this year.

Chapman, 28, went 3-0 with a 2.01 ERA and 20 saves in 31 games with New York. THE ASSOCIATED PRESS

166

The number of saves Chapman has in his career.

RECIPE Spaghetti with Pancetta and Spinach



Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in

Prep time: 5
Cook time: 20
Serves: 4

Ingredients

- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

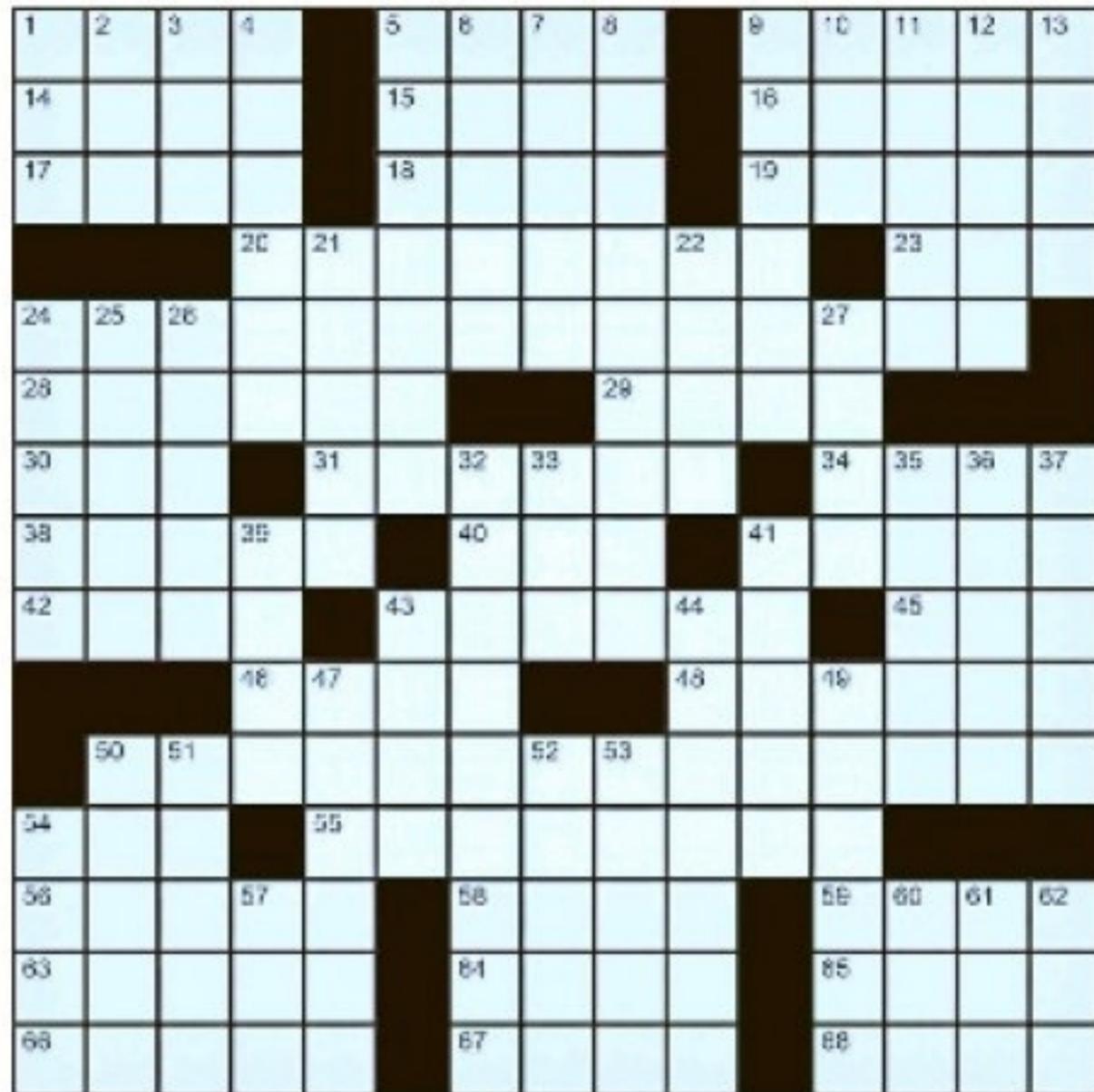
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The ___ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needed cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This ___ Then'
48. ___ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: "Thus with a kiss, ___ - Romeo"
60. Landlord's intake
65. Eye doctor's offering
66. Dental floss-ees
67. Check
68. Landlord's intake



DOWN

1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheep-dog-inspired tune: "___ My Dear"
5. Hedgehog-resembling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mixup

12. Shrek's kin
13. Sesame ___
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The ___ Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's "___ Deep"
43. Santa Fe, ___
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. ___ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces
Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	7	3					
8				1				
2					5			
1						4		
8				1			9	6
5					6	2	7	
6							9	
	1						4	
		8	2	7	3			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



1	2	5	3	6	9	7	4	8
3	4	8	5	2	7	1	6	9
9	6	7	4	1	8	3	5	2
7	3	4	1	9	6	2	8	5
8	9	1	2	5	3	6	7	4
6	5	2	8	7	4	9	3	1
2	1	3	7	4	5	8	9	6
5	7	6	9	8	1	4	2	3
4	8	9	6	3	2	5	1	7

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